



Good day,

100% vegetarian is beneficial. No matter whether it's about taste, wellbeing, animal welfare or the environment – veggies are way ahead! But as we are asked occasionally, why then are many Viana foods (such as the Cowgirl Veggie Steaks) similar to conventional meat products?

First of all, the most important thing is that Viana's meat alternatives are animal free.

For quality reasons we at Viana don't let any animal substances onto the premises at all!

Viana stands for tofu products and wheat products with character. These also include alternatives that are similar to conventional meat products in both appearance and consistency, but which are of course 100% vegetarian. This arouses many consumers' interest in vegetarian products and makes it easier to adapt. And it seems to be working well. We are often told that the difference between Viana's foods and meat products is easy to recognise – they taste much better!

That's a big compliment, especially when you consider that about 80% of Viana's fans aren't even "real" vegetarians, but rather average consumers who want to cut down on meat. This newsletter's fine recipe ideas prove that festive meals at the turn of year can be a real purely vegetarian treat.

Have fun and bon appetit
Your Tofu Mayor



TOFUTOWN NEWS

VEGGIE LIFESTYLE NEWSLETTER TOFUTOWN IN THE VOLCANIC EIFEL •

Clean air, pure water and unspoiled nature. Your Viana foods come directly from Tofutown, where only 100% vegetarian organic products are made.

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100% vegetarian enjoyment

All recipes are intended for 4 normally hungry persons.

Veggie Wiener Schnitzel autumnal style

750 g floury potatoes
margarine
starch
salt, pepper & nutmeg
250 ml Demeter Soya Alive drink
fresh grated horseradish
2 packs Viana Veggie Wiener Schnitzel
some grapes
wild cranberries in the jar

HERE'S HOW IT GOES...

Pommes Duchesse

Peel the potatoes and boil them in brine, then mash them while still hot.
Mix in 1 1/2 tbsp. margarine and 2 tsp. fine starch.
Season to taste with salt, a little freshly ground pepper and nutmeg.

Let the mashed potatoes cool a little, fill into a piping bag with a star-shaped nozzle and squirt 8 cones onto a greased tray. Bake in a preheated oven at 175° C for 15 to 20 minutes until the pommes duchesse are lightly browned.

Horseradish (soy)cream sauce

Pour 250 ml Demeter Soya Alive drink into a small saucepan and reduce at low heat. Season to taste with fresh grated horseradish, salt and pepper. Mix 1/2 tsp. starch with a little water and add to the sauce, bring to the boil – finished.

And now the Veggie Wiener Schnitzel

Prepare Veggie Wiener Schnitzel according to the directions on the packaging. Sauté the peeled grapes in margarine, briefly heat the wild cranberries separately.

The finale: enjoy!

Serve on warmed plates, accompanied by a full-bodied red wine.

TOFU FACT N° 7

Rising oil prices remind us that sources of fossil energy are limited. One major waste of energy is intensive livestock farming, not only because of processing and transport, but also because of the use of chemical fertilisers and pesticides, which are mostly derived from petroleum using energy-intensive processes. By comparison, a plant diet which includes organic products has many advantages. Chemical fertilisers and herbicides are taboo. And better still, the plants' nutritional value fully benefits the human diet, without the losses involved in breeding and feeding livestock (on average 1 kg of animal protein derives from 20 kg of vegetable protein). Compared to animal products Viana needs merely a fraction of the raw vegetable ingredients to make delicious foods with the same energy content, but much better nutrients. That saves a lot of fossil energy and returns valuable habitats to humans and wildlife. •



Chickin Curry de luxe

2 packs Viana Chickin Fillets
vegetable frying oil
sliced pineapple (fresh or canned)
2-3 tbsp. slivered almonds
wheat flour
curry powder
250 ml Demeter Soya Alive drink
125 ml instant vegetable stock
1 dash lemon juice
rice

HERE'S HOW IT GOES...

Take three pans...

In the first pan gently fry Viana Chickin Fillets in a little oil until done. Toast the sliced pineapple in the second pan until golden brown. In the third pan carefully toast the slivered almonds without added fat.

... and two saucepans...

To make the curry sauce, sauté about 25 g margarine und 10 g wheat flour with curry powder of own choice until golden brown. Whisk, at the same time adding 250 ml Demeter Soya Alive drink and 125 ml vegetable stock. Allow to simmer and thicken for about five minutes. Refine with a dash of lemon juice. Cook rice in the second saucepan according to instructions.

... 4 plates and teacups for the finale:

Oil a round teacup for each plate and press cooked rice into it. Carefully tap the half ball of rice onto the plate. Arrange the fillets and the pineapple slices on the plates and garnish with slivered almonds. Pour some of the sauce over the fillets and pineapple slices and some across the plate. Garnish with some (Thai) basil or parsley and enjoy. Goes wonderfully with a lovely light salad.

Our dessert suggestion wonderfully complements both recipes:

Pears with coconut vanilla foam and fresh raspberry purée

YOU NEED...

4 nice pears
dash of dry white wine
1 dish raspberries
1 glass coconut milk
1 sachet vanilla sauce powder
perhaps some boysenberries for decoration

Halve the pears and stew in dry white wine. Purée the raspberries with a mixer. Make sauce according to instructions, using half coconut milk and half water instead of dairy milk. Whisk the sauce until foamy and serve on dessert plates, topped with halved pears, then raspberry purée. Decorate the plate with boysenberries – finished!

TOFUISM N° 14

Tofu gives you choices you never thought you had before.

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